



The I GUANA



Volume 16, No. 17

Aug. 20, 2004

Rollins meets JTF-Bravo

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Commander's column

People: our primary weapons

By Air Force Capt. Sean Jones
J-1 personnel director

The U.S. military is the world's greatest force. We have technologically advanced weapons systems such as the F-16 Fighting Falcon, the Multiple Launch Rocket System, the Los Angeles-class submarine and the Milstar Satellite Communications System, which enable us to project power globally in support of our national interests.

These tools guarantee full spectrum dominance across any battle space.

However, while these sophisticated weapons are impressive, they aren't the most important tool in our arsenal ... people are.

Our people – service members and civilians – are what separate us from other military forces around the world.

The talented men and women of the U.S. Armed Forces are our primary weapons system for three reasons: they're educated, they're diverse and they're team-oriented.

Education is a key factor in the development of our people.

While many militaries only focus on training their people to accomplish certain tasks, we also focus on educating our force and developing leaders throughout the ranks.

Not only do we provide educational and professional development opportunities for our officers and civilians, but for our enlisted corps as well.

The enlisted force, the backbone of our military, is the most educated enlisted force in the world.

It's not unusual for an enlisted troop to possess an associate's, bachelor's, master's or even doctorate degree. Without a doubt, education is a force multiplier for our Armed Forces.

Diversity is the second important factor that distinguishes our people from those of other military forces around the globe.



Air Force Capt. Sean Jones,
J-1 personnel director

The phrase "strength through diversity" is manifested everyday in each of our branches. Men and women of different backgrounds, cultures, races and religions, work together to accomplish the mission. We pride ourselves on creating an environment in which each individual is treated with dignity and respect, and diverse talents and contributions are valued. Our Armed Forces realize that each individual brings something to the fight.

The third, and perhaps most important, reason people are our chief weapons system is their ability to operate effectively as a team.

Joint Task Force-Bravo is a great example of a diverse but synergistic team working to accomplish the mission. Everyday we witness Airmen, Soldiers, Department of Defense civilians, contractors and our Honduran hosts working side by side.

A tour at Soto Cano Air Base provides a unique opportunity to be a part of joint and combined operations.

At the heart of those operations, are the people ... our primary weapons system.

Chaplain's corner

Sowing and reaping

By Chaplain (Capt.) Rory Rodriguez
JTF-B command chaplain

This article will revolve around the most potentially devastating law that one may ever face – the law of sowing and reaping. This is the same law that our grandparents would from time to time bring to our short attention span.

They had another way of saying it. They would paraphrase this principle: "he got his commuppins"; "the roosters have come home to roost"; "he got what he deserves"; "you buttered your bread now eat it."

Philosophically speaking, this is the law of cause and effect.

"Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap" (Gal 6:7).

There it is, this powerful axiom staring us right in the face and slugging us in the gut trying to get our attention. Now, I hope you young bucks and whippersnappers get a hold of this sooner instead of later. I hope you old timers never forget this, for you should know this law by now.

If you don't, then you had better before it's too late because your time is running out. I have seen this law spelled out countless times in the lives of others I talk to as well as times in my own life.

Personally speaking, I fear this law when considering the negative impact it brings. This is a healthy fear to have. It keeps me in check. This law is the biggest incentive to stop and think before we do something that we will regret later. Capice?

We are always sowing some good and bad seeds everyday in our short life. Sooner or later those seeds that are planting at work, home or leisure time will come to root in our life.

That root in your heart can be sweet or sour. For instance, if you sow seeds of complaining, anger and discontent you will be a miserable and bitter individual in your heart. If you go around and sow

your wild oats, you will end up with guilt and regret. If you treat your girlfriend or spouse like a bad check, you will get dumped sooner or later. If you continually get drunk, sooner or later you will ruin your health and your relationships.

All of this is common sense, right? But yet, how many are those who end up with pain, misery and woe because they refused to hearken to God's law of sowing and reaping?

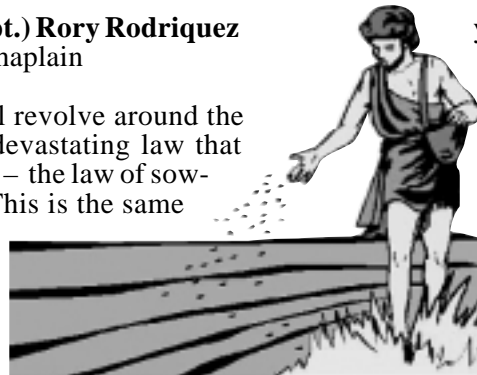
It is a sobering fact that all of us will reap out what we have sown in to others and to ourselves. This is why we are warned not to be deceived.

Foolish we are if we don't think that we will never "pay the piper" or "face the music." Some people immediately reap what they sow; some will reap some time after what they have sown; some are still reaping what they have sown many years ago. How about an "amen" on that one!

Wisdom realizes that if there is the fact of accountability in this life, as demonstrated by our experiences, then there must be accountability in the next life. So we see here a powerful motivation from this law of sowing and reaping to abstain from evil and to do good to others and before God.

The first good thing to do is think soberly about our life and come to this realization our absolute need of forgiveness for offending a holy and righteous God. Then to turn our backs upon the devil, the world and our own sinful desires and to place our faith in God's mercy and love as demonstrated in the giving up of his Son Jesus Christ as our substitute in paying for our sins that we have committed.

My dear readers, all of us sooner or later have that great appointment with God himself. I pray that when you meet him face to face and eye to eye, you will hear him utter these words, "enter thou into the joy of thy Lord."



The IGUANA

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The Iguana accepts signed letters to the editor that include the writer's daytime phone number. Letters are subject to editing. E-mail submissions to paoeditor@jtfb.southcom.mil.

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on the cover

Sgt. Allan Grinter, Chief Legal NCO, gets a photo autographed by Henry Rollins during his visit to JTF-Bravo Aug. 11. Photo by 1st Lt. Anna Siegel.

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News

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Postal abuse restricts privileges

By Sgt. Jorge Gomez
Editor

The Army Post Office provides Joint Task Force – Bravo personnel with reliable mailing at domestic rates. These services, however, are privileges that can be restricted if customers violate Department of Defense Postal Manual or JTF-Bravo's Directive 1 regulations, said Air Force Tech. Sgt. Keith Hughes, postmaster.

On a weekly basis, the Post Office receives packages of used clothes, toys, baby strollers and car seats.

"These are items clearly intended for someone else other than the customer," Hughes said.

But personnel cannot receive any mail or parcels for local orphanages, hospitals, missionaries, local nationals or visiting dependents. Organizations or people in the United States cannot send anything intended for anyone other than the authorized APO box owner, Hughes said.

Packages that are clearly marked for someone else are returned to the sender without notification.

Nor can customers run a business out of their mail boxes.

"We once had an individual who was buying cell phones through the mail and selling them here. We caught on to it and stopped it immediately," Hughes said.

When a violation is suspected by the Post Office, the box owner is notified and reminded of DoD and Directive 1 prohibitions. If the customer does not comply he is restricted to mailing letters weighing 16 ounces or less.

"Fortunately, most people comply with the rules once they're personally reminded," Hughes said. People restricted to the 16-ounce limit will have to register for a mail box in Comayagua and go through the Honduran postal service if they wish to receive packages.



Photo by Sgt. Jorge Gomez

Capt. Richard Ramos, Environmental Health chief, checks his mail box upon in-processing to Joint Task Force-Bravo. Ramos learned about the Army Post Office policies from his sponsor and the Post Office.

Honduran postal rates can amount to more than twice the cost of APO service.

For example, a package weighing 2.5 pounds sent from Fort Lee, Va., to Comayagua costs \$19.05; the same package sent to the APO at Soto Cano Air Base costs \$6.85.

Everett Curtis, Lockheed Martin supply technician,

who lives in Comayagua with his wife, said he appreciates having APO privileges as a civilian contractor for JTF-Bravo.

"I never worry about my mail when I send through an APO and I save money," Curtis said. "I wish my wife could receive mail, but this is an important privilege to keep so I always comply with their policies."

Charity donations cannot imply JTF-Bravo sponsorship



Photo by Sgt. Jorge Gomez

Collection boxes on base are legal as long as there is no indication of a Joint Task Force-Bravo unit or organization sponsorship.

By Sgt. Jorge Gomez
Editor

Units and organizations wishing to raise funds or provide charitable goods and services must comply with Department of Defense regulations, said Capt. Alma Hernandez, Command Judge Advocate.

Units are only allowed to set up collection boxes for clothing and canned food items on base with signs marking its purpose, but they cannot indicate sponsorship by a Joint Task Force – Bravo organization. "Sponsorship brings legal and financial liability upon JTF-Bravo," Hernandez said.

Making repairs or building structures is allowed so long as expenses are "out of pocket."

Service members must get a release of liability form signed by the charity when tools are borrowed from the self help center.

Units cannot hold functions to collect money for charities, nor solicit service members to donate money or items.

When Major Subordinate Commands visit orphanages and identify needs including furnishings or appliances, they should submit a request for these items to the J-5, said Maj. Ray Malave, J-5 civil affairs director.

"We want to keep track of donations

throughout the local region and to prevent MSCs from illegally purchasing items for charities," Malave said.

As the central directorate for all solicitations, the J-5 coordinates with suppliers in Honduras and agencies in the United States that can meet requests, relieving MSCs from purchasing the items.

By maintaining records of requests, the J-5 keeps charities in Comayagua, La Paz and Villa de San Antonio from receiving duplicate goods or singling any one out.

Leaders can find the request form available on the local server *H:\J-Staff\J5*.

Some of the items the J-5 directorate collected and donated in the last six months include:

- three wheelchairs
- more than 5,000 Lempiras for a kidney transplant
- 700 Lempiras to the World Food Program
- more than 30,000 portions of milk to orphanages and churches
- roofing sheets to local schools and churches in La Paz and Comayagua
- 20 sets of bedding items to a local orphanage.

For more information, contact the Legal Office at extension 4154 or the J-5 directorate at extension 4151.

Mad, bad, and glad

Celebrity thanks JTF-Bravo for halting drug flow

By 1st Lt. Anna Siegel
Public Affairs Officer

He's a hard-core rocker with a reputation for being a bad boy. And, boy, is he mad.

Henry Rollins, an actor and singer best known for his self-named band and his 80s-era band, Black Flag, hates drugs. He hates people who produce drugs and those who sell them. That's why he loves the members of Joint Task Force-Bravo and visited them Aug. 10-13.

"You guys stop the guys trying to bring drugs into my country," he said. "That's why I had to come and meet you and say, 'Thank you.'"

Rollins said he volunteered to come to Soto Cano when he was returning from a United Service Organizations-sponsored trip to Iraq and Afghanistan.

"I asked (the USO representative) where I was going next," he said in a spoken word show held at the base theater. "She said, 'Nobody goes to Honduras,' and I said, 'I'm your guy. Let's go.'"

Soldiers and Airmen lined up to welcome and meet the rocker as he toured the base, including stops at the radio station, fire department and Joint Security Forces, where he enjoyed a military police canine demonstration. He also visited the 1st Battalion, 228th Aviation Regiment, the dining facility, Medical Element, the base exchange, the air terminal oper-

ations center, the control tower, a few of the base clubs and the nearby town of Comayagua.

"It's good to see that someone from the entertainment industry can take the time to come down here," said Army Capt. Alex Thyne, J-1 deputy director and long-time Rollins fan.

"We're not in the news like Iraq or Afghanistan, but people here are still working hard, they're separated from their families and it's always nice to have people appreciate you," he added.

Tracy Thede, USO entertainment tour producer, said tours like this are made possible because Armed Forces Entertainment and the USO team up to share the cost. The USO both recruits and accepts volunteer offers from celebrities to visit the troops.

The USO lets the entertainers know up front what the schedule will be, often 10-12-hour days in austere conditions, and most gladly accept.

Rollins said he would have probably never come to Honduras, but when he learned about the mission here, he had to come. He said he will talk about the men and women of JTF-Bravo to the thousands of fans at his concerts this year.

"You guys might feel unappreciated, but know that you're saving lives and keeping America safe," he said. "I thank you and America thanks you."



Photo by 1st Lt. Anna Siegel

Henry Rollins discusses his opinions on politics, the music industry and his experiences in Hollywood during a live interview with American Forces Network's radio station, The Power Lizard. The entertainer visited Soto Cano Air Base on a United Service Organizations tour Aug. 10-13.



Photo by 1st Lt. Anna Siegel

Sgt. 1st Class Wanda Walker, J-6 NCOIC, gets an autograph from Henry Rollins during a meet-n-greet at Soto Cano's dining facility Aug. 11.



Photo by Martin Chahin

Rollins shares his experience visiting service members in Iraq and Afghanistan prior to coming to Soto Cano Air Base. The ATOC Airmen welcomed Rollins personal visit to the flightline.

Final test

Local youth employ skills at JTF-Bravo

By Sgt. Jorge Gomez
Editor

Honduran youth may take up to four years of English in school, but when they come to Joint Task Force-Bravo to apply their secretarial skills they learn a new language.

Mariana Cantarero, a La Inmaculada high school student, couldn't understand people when she answered the phone at the J-1 office.

After two weeks of exposure to different accents, informal speech and fast talkers, Cantarero said she has greater confidence in her English and is ready to take any secretary's job.

Canterero is one of 30 high school students selected to complete the bilingual secretary program with a month-long internship at JTF-Bravo. Others must complete their internship at agencies and offices in Comayagua.

"JTF-Bravo is a choice location because of the English speaking environment and the exposure to so much technology," said Kathleen Aregeñal, Public Affairs Office intern.

In Comayagua it is common to see

an entire office run by six secretaries but only one computer and one telephone, Aregeñal said.

Something as simple as operating a fax or copy machine is valuable experience, said Fanny Banegas, J-7 intern.

"The school can't teach us how to run these machines because they don't have any," Banegas said. "Being exposed to all this technology is a great privilege."

In addition to the hands-on experience, the Honduran youth are gaining a cultural lesson from the interaction with U.S. service members.

"At first I thought it was going to be a strict and rigid environment, but the Soldiers and Airmen turned out to be kind and friendly people," Cantarero said. "I'm happy to be here."

Gledia Guerrero, J-1 coordinator for the program, said JTF-Bravo receives groups of interns from other local schools as well throughout the year.

"JTF-Bravo is a proud supporter of this internship program and appreciates the opportunity to enhance the training of these young students in their quest to learn and succeed," Guerrero said.



Photos by Sgt. Jorge Gomez

Wendy Ruiz, local Honduran student, gains customer service experience as she practices her English with service members at the Transportation Motor Pool. Air Force Staff Sgt. Walter Pagoaga completes a dispatch form with Ruiz' assistance.

(Right) Mariana Cantarero, local Honduran student, crunches numbers to update personnel statistics at the J-1 office. In addition to keeping daily reports, Cantarero prepares power point slides presented at command staff meetings for the J-1.

Malaria kills 1 million annually

By Capt. Keith Palm
Preventive Medicine chief

What exactly is malaria?

Malaria is a microscopic parasite that infects humans. The parasite is transmitted to humans by the bite of a female *Anopheles* mosquito.

About 40 percent of the world's population lives in areas at risk for malaria transmission. It is estimated that there are more than 300 million cases of malaria every year. Malaria kills more than one million people annually.

Are there different types of malaria?

Yes, there are four different types of malaria; vivax, ovale, falciparum, and malariae.

All types can cause fever, chills, headache, muscle aches, vomiting, diarrhea and other flu-like symptoms severe enough to require hospitalization.

The falciparum type is the most serious and can result in death. The vivax and ovale types can remain dormant in the liver and may recur every two to four years. Here in Honduras more than 95 percent of malaria cases are caused by vi-



Courtesy photo

A female *Anopheles* mosquito feeds on a victim, potentially infecting the person with malaria. Service members should take either chloroquine or doxycycline to prevent malaria infection.

vax. A very small percentage is caused by falciparum and malariae.

What medications can we take to prevent malaria infection?

At Soto Cano Air Base service members should be taking either chloroquine once a week or doxycycline every day.

Both are safe and effective medicines

that have been used for decades to prevent malaria infection.

Mefloquine, another malaria medication, has gotten a lot of negative attention in the media due to reported side effects. It is only used in countries where the malaria is resistant to chloroquine. No chloroquine resistant malaria strains have been reported in Honduras.

Malaria medication is available at the Medical Element pharmacy without a prescription.

What does the G6PD blood test have to do with malaria?

The G6PD test checks to see if a person is lacking a certain enzyme. The G6PD enzyme deficiency is most common in people of Mediterranean or African descent.

This enzyme is important in breaking down certain medications in the body,

including the malaria drug primaquine.

Primaquine is given to people when they leave a malaria risk area to kill any malaria that may be dormant in the liver. Service members with the enzyme deficiency will receive a modified course of medication when departing.

What else is being done to protect us?

Taking malaria medication does not guarantee that a person will not become infected with malaria.

We decrease the mosquito population on base by fogging with insecticide early every Saturday morning.

It is important that service members use insect repellent, like DEET, especially in the evening when the *Anopheles* mosquito is active.

Insect repellent is also effective against the *Aedes* mosquito that transmits dengue fever and sand flies that transmit leishmaniasis.

If your duties or leisure activities take you into a rural area it is important to treat your clothing and bed netting with permethrin spray. DEET and permethrin spray should be available from your unit supply.

Recovery team tackles China's slopes

By Capt. Geoffrey Kent and Staff Sgt. Erika Gladhill
JPAC Public Affairs

HICKAM AFB, Hawaii – After three weeks of mountain training in Alaska and triathlon training in Hawaii, U.S. Joint POW/MIA Accounting Command recovery team members said they were “ready to execute” their mission in the Himalayas.

The JPAC recovery team departed Aug. 12 to the Tibetan Autonomous Region, People's Republic of China, to recover the remains of three Americans lost in a C-46 crash in the Himalayan Mountains during World War II.

The site is located at an altitude of more than 14,000 feet and is only miles from the border of India. It can only be reached after trekking for four days from the nearest village.

The JPAC team trained for this mission with the Northern Warfare Training Center at Fort Greeley, Denali National Park and Mt. McKinley, Alaska, for three weeks.

This 13-member specialized team includes Army mountaineers, an Air Force pararescueman, a Marine Chinese linguist, an orthopedic surgeon, an explosive ordnance disposal expert, a special forces medic and several mortuary affairs specialists.

The team has prepared for their Tibetan mission by gaining mountaineering experience, reacting to changes in altitude, validating the team's fitness program, learning critical survival skills, familiarizing themselves with their equipment and ensuring the team was prepared for a grueling expedition and recovery into remote Tibet. The training challenge was highlighted by the training location – the West Buttress route of Mount McKinley – where there are 80-mile-per-hour winds, sub-zero temperatures and a blistering wind chill.

To ensure team readiness, training in Alaska was de-

signed by mountaineer instructors of the NWTC and tailored specifically to challenge the team members both physically and mentally.

In Alaska, team members completed two major exercises. The first was a three-day trek through precipitous and taxing terrain at the Black Rapids Training Center at Fort Greeley, Alaska. The second exercise was a nine-day expedition on the West Buttress route of Mount McKinley that covered 22 miles and a climb in elevation of 8,000 feet to McKinley's 14,200-foot base camp.

“After you reach about 12,000 feet your every effort becomes magnified because you spend so much effort breathing,” said Air Force Maj. Karl Larsen, chief of orthopedics services of the U.S. Air Force Academy, Colo. “Everything becomes more difficult. Cold temperatures are about ten degrees with wind, and similarly in the sunny areas temperatures can reach close to 100 degrees.”

As individuals climb in varying altitudes, breathing becomes more rapid and deep. As a result of the altitude change, the body's chemistry is altered. That has a whole host of changes in the way people handle fluids, said Larsen, including changes in the acid-base balance in the body, and the process of how oxygen is transferred to the tissues.

The physiological part of it is simple in context, but complicated in application, said Larsen. The adjustment time normally takes one to two weeks to acclimate. A reaction to the extreme temperatures is internal swelling that can cause illness and, in its most severe form people can die from drowning in their own fluids, said Larsen.

Army Capt. Geoffrey Kent, a JPAC team leader, said, “What we found in Alaska is that your body will do whatever your mind tells it to do. When you surround yourself with a team that is as motivated as the one that I've got, it makes it that much easier.”



Courtesy photo

JPAC team members hike through Denali National Park, Mount McKinley, Alaska, during a three-week training event. The recovery team departed Aug. 12 to the Tibetan Autonomous Region, People's Republic of China to recover remains of Americans lost in a World War II aircraft crash in the Himalayan mountains.

Kent said there were certainly times the team members were exhausted and in pain.

“There were times when we asked ourselves what we were doing there,” Kent said, “Those feelings were lost the moment that we pulled out the POW/MIA flag at the 14,000 [foot] base camp that read, ‘You Are Not Forgotten.’ We owe it to too many people nothing but our very best effort. I will say one thing to the three men in Tibet that we will search for. ‘We’re coming for you, and we will bring you home.’”

The Alaska training was tough, Larsen said, but the JPAC team is ready for Tibet.

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Community

The IGUANA 7

JTF-Bravo sprints to Washington

Photo by Sgt. Jorge Gomez

Soldiers and Airmen from Joint Task Force-Bravo train at the base track at 6 a.m. in preparation for the Army 10-miler in Washinton, D.C., Oct. 24.

By 1st Lt. Anna Siegel
Public Affairs Officer

More than 20 Joint Task Force - Bravo Soldiers and Airmen are training for the 20th Annual Army 10-miler. The race is scheduled for Oct. 24 in Washington D.C.

Lt. Col. Mark McGrail, Medical Element commander, is leading the pack and has set an intense but personalized training schedule for those wishing to join the JTF-B team. Selected members for the team will fly to Washington on Temporary Duty.

The runners meet at 6 a.m. at the base track Mondays through Fridays, except Thursdays. The training schedule includes:

Monday: moderate run

Tuesday: speedwork

Wednesday: short run at easy pace

Thursday: rest day or cross-training

Friday: moderate run

Saturday: long run at easy pace

Sunday: rest day or cross-training

The USA Track and Field-certified course is mostly flat, fast and picturesque touring the nation's capital.

The start line will be positioned along Route 27 adjacent to the Pentagon; runners proceed across Ar-

lington Memorial Bridge (mile 1) going toward the Lincoln Memorial (mile 1.5) and crossing Constitution Avenue to 19th Street to Virginia Avenue.

Runners continue and make a left turn at Rock Creek Parkway to pass the John F. Kennedy Center (mile 3).

Rock Creek Parkway is followed up to Independence Avenue near John Ericsson Memorial (mile 4). The runners continue pass the National World War II Memorial on the left; the Washington Monument on the left and Thomas Jefferson Memorial on the right (mile 4.5).

Heading into the home stretch along Independence Avenue, runners pass the Air and Space Museum to 3rd Street crossing the National Mall to Pennsylvania Avenue; the U.S. Capitol will be on the left (mile 6).

Powering to the Finish line, runners turn right at Independence Avenue and motor up to 14th Street; onto the HOV lanes of I-395 for the last two miles of the course finishing at the South Pentagon parking lot.

A very scenic run helps with momentum and can be the key to a strong finish.

For more information on JTF-Bravo participation, call 449-4203 or visit www.armytenmiler.com.

What would you change about Soto Cano?



"I would like to have reliable high speed internet connection in the hooches."

— Army Capt. John Beaulieu,
Medical Element registered nurse



"I would like to see more upper level college courses available and have indoor plumbing for living quarters."

— Air Force Staff Sgt. Kochita Kimbrough,
AFFOR Logistics Group NCOIC
equipment management



"I would move the bicycle rack perpendicularly so that twice as many people could station their bikes at the dining facility."

— Chief Warrant Officer 2 Kyle Rahn,
1st Battalion, 228th Aviation Regiment pilot



"I would like to see more computer gadgets available at the BX/PX."

— Lee Tucker,
Harris Communications engineer



Fire Dawgs lose bark to Comayagua champs

The 2004 intramural volleyball season began June 23 with the final match between the Air Forces Fire Department and the Comayagua volleyball teams Aug. 5.

Final team rankings:

1. Comayagua
2. Air Forces Fire Department
3. Honduran Air Force Academy
4. Air Forces/LG
5. Army Forces
6. Medical Element

Serving up the competition, Airman 1st Class Daniel Rice, Air Forces Fire Department, aggressively strikes the ball during the finals game Aug. 5.



First Lt. Michael Schulte, Army Forces, gets low to set his teammate up for a spike against the Honduran Air Force Academy team during the Joint Task Force-Bravo volleyball playoffs Aug. 4.



Photos by Sgt. Jorge Gomez

The Comayagua team dominated their way to first place, taking the 2004 Joint Task Force-Bravo Volleyball Intramurals championship title Aug. 5.